

# WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 12

DECEMBER 2015



## HOLIDAY LUNCHEON

**December 15 at 12 noon**

Ham, apricot glaze, mashed potatoes,  
carrots, roll, pumpkin pie

Entertainment provided by the Middle School Group

"Brass with Class" under the direction of Andy Villamaino.

Register at front desk. Payment of \$2 due at time of sign up.



## STOCKING FOR SENIORS

Orchard Valley is once again collecting Stockings for Seniors. Orchard Valley donates filled stockings for distribution through local senior centers and meals on wheels programs. The center is collecting stockings and items to fill them. Suggested items: gift cards, puzzles, books, flashlights, batteries, night light, nail clippers, toothbrush and toothpaste, hand lotion, note cards, candy, lottery tickets. Stockings will be accepted until December 15. Thank you in advance for your support!



## Mark Whitney "The Car Guy"

Mark will be at the Senior Center again on **December 21st at 10 am**. This new workshop will include important winter car tips and techniques to help you and your car prepare for the up coming winter months. This free event is welcome to everyone please bring a friend along and let mark do a Free car inspection. We encourage everyone to attend as this is a valuable workshop with great money saving tips. Please call 596-8379 to register.

## TELEPHONE WELLNESS CHECKS

The Senior Center is starting a program through our Social Service Department -"Telephone Wellness Checks". The phone wellness check program will contact Wilbraham seniors who are homebound by calling them two days a week to help to reassure their well being and give them a feeling of security. The telephone reassurance system eases the concern of friends and family who may find it difficult to maintain consistent, reliable contact for the individual. If you are homebound or know of someone who would benefit from this program, please contact Barbara Harrington at 596-8379. An application form will be completed prior to participation in the program. All information is kept confidential. This is a wonderful service that we hope to expand with volunteers in the near future.



## FREE LUNCH

This is a special time of year filled with faith, family, fun and food. Greater Springfield Senior Services, Inc. would like to share some holiday cheer by offering a complimentary hot, healthy and delicious lunch to anyone who is 60 years of age. Equally important to the food is the opportunity to enjoy the camaraderie of others and the activities at the senior center. Join us on Monday, **December 28** for a menu of: Tortilla soup/crackers, Salisbury Steak/gravy, Au Gratin Potato, Pumpnickel Bread and milk. Reservations must be made by December 21 by calling Greater Springfield Senior Services nutrition department at 781-2135. When making reservations, diners can request a dietetic dessert or the meal in pureed form.



**Happy  
Holidays!**

# HEALTH & FITNESS PROGRAMS

## HEALTH PROGRAMS

Foot Care Nurses, **December 10**, Cost is \$29.

Foot Doctor Cindy Galavotti, **December 3** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.



Baystate Hearing Aids, **December 9**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available FREE at center, with list of where they can be returned when full.

## FITNESS PROGRAMS

**YOGA**—every Wednesday at 12:15 and Fridays at 11:40 taught by Michelle Croze, owner of Harmony Way. Fun class format is for everyone. \$5

**Senior Center Fitness Equipment— recumbent bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. FREE!

Zumba Gold—**Wednesdays at 11 am & Fridays at 10:30 am**, \$5.

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

## SPA PROGRAMS

**Sole Food Reflexology**—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **December 4, 11, 18** for appointments. Cost is \$10.

**MANICURES AT THE CENTER**—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **December 1 & 15.**

**CHAIR MASSAGE AT SENIOR CENTER**—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **Dec. 11.** Very relaxing!!

**Call 596-8379 for appointments!**



## Nurses Corner

Free blood pressure screenings, Tuesdays, 11-12 noon. Do you have health related questions or concerns? Call: Lee Giglietti BS,RN,BSN at 596-8379, Office hours: Tuesdays and Wednesdays 9-2pm.



Do you know about 800 Age Info? This is a free Massachusetts Elders and Families Informational Resource. Call or go online for information on care at home, support programs, health care options, Nutrition, transportation, fitness and so much more! For more information call 800-243-4636, TTY 800- 872-0166 Or on the web at 800ageinfo.com

## GLASS FUSING CLASS

In this month's glass fusing class we will be creating Christmas ornaments! You will have your choice to create either 1 ornament for \$15 or 2 for \$25! You can make one for yourself and gift the other. Class includes all glass and firings and you have your choice of creating a star, tree or snowman. We will be using all different types of glass embellishments to create one of a kind glass ornaments! Date: **December 7th, from 10-11 am.** Bring a friend!

## VAN TOUR

Join Mary Ellen Schmidt for a visit Ruth's House in Longmeadow for lunch and a tour on Friday, December 4th. This is a great opportunity to visit local agencies and their facilities in a group setting, with no sales pressure. The van will leave the senior center at 11AM. Please sign up at the front desk.



## FALLON HEALTH

With Open Enrollment ending, you have one last chance to get information from Brian Guagnin of Fallon Health. Brian will be at the Senior Center on Monday, December 7 at 10 a.m. No need to sign up, just stop



## TAX EXEMPTIONS FOR WILBRAHAM SENIORS

Wilbraham residents age 65 and over may be eligible for a real estate tax exemption. For complete details and assistance, contact the Assessors office at Town Hall. Applications should be filed by March 20th. Below is a brief description of the 2 exemptions.

**CLAUSE –17D** (based on assets only), exemption amount \$175. Must be 70 years or older by July 1 of the tax year. Total net assets as of July 1, can not exceed \$40,000. the value of your domicile is not included in your net asset but the value of your automobile is included.

**CLAUSE –41C** (based on income and assets), exemption amount \$750. Must be 65 or older or joint owner with a spouse 65 years or older by July 1 of the tax year. Maximum allowable income for single, \$20,000 and for married \$30,000. Maximum allowable assets for single, \$30,000 and for married, \$35,000. Note: Net assets are the balances of any bank account, IRA, 401K, CD, stock/bond account, etc. The value of your domicile and automobile are not included in your net assets.

Checklist for application: identification, birth certificate or drivers license, Federal Tax return or federal form 4506-T, Mass state tax returns, social security benefit statement (form SSA-1099), pension & retirement statements (form 1099-R), interest statements (form 1099-INT), dividend statements (form 1099-DIV), all other sources of income, bank statements, certificate of deposits, retirement/IRA/401K statements, stock/bonds/mutual statements, any other net asset statements.

Questions? Call 596-2800 ext. 209. The assessors office staff will be happy to assist you.

## DECEMBER EVENTS

**SHINE** Representative will be here on December 4. Call for appointment.

**QUILTING CLUB**, December 10 at 1:00 p.m.

**ATTORNEY DOUGLAS PETERSON**, FREE 20 minute consultations on **December 9**. Call for appointment at. 596-8379.

**JEWELRY WORKSHOP** with Sandy Merrill, **December 16**, 10 am, cost is \$3/class.

**MEN'S BREAKFAST** in Wilbraham on **Friday, December 18 at 8:30 a.m.** Please call to register—596-8379.

**AFTERNOONS: PITCH** Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

**OUTRAGEOUS ADVENTURES** on Friday, December 18th at 9am. Call Maryellen for information.

# DECEMBER 2015

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 10-Chair Exercise 10- Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>2</b> 9-Tai Chi 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <i>Wal Mart</i>	<b>3</b> 9:30-Tap Class 10-Jazz Class 10-Chair Exercise 9:30-Podiatrist 10:40-Aerobics 11-Dominoes  <i>Stop &amp; Shop</i>	<b>4</b> 9-SHINE Rep. 10-Reflexology 10:30-Zumba Gold 11-Ruth's House 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>7</b> 10-Fallon Health 10-Glass Fusing Class 12-Senator Lesser's Aide 12:30-Pitch 1-Rug Making <i>Beef Stew</i> <i>Stop &amp; Shop</i>	<b>8</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1:30-Red Hat Meeting  <i>Around Town</i>	<b>9</b> 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1-Attorney Peterson 1:40-Line Dance  <i>Eastfield Mall</i>	<b>10</b> 8-Foot Nurses 9:30-Tap Class 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes 1-Quilting  <i>Big Y</i>	<b>11</b> 9-Massage Therapy 10-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>14</b> 12:30-Pitch 1-Rug Making 1-Friends Meeting  <i>Chicken a la king</i> <i>Rice/Peas</i> <i>Big Y</i>	<b>15 HOLIDAY LUNCH</b> 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>16</b> 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <i>Wal Mart</i>	<b>17</b> 9:30-Tap jazz 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <i>Stop &amp; Shop</i>	<b>18</b> 8:30-Men's Breakfast (Wilbraham) 10-Reflexology 10:30-Zumba Gold 11:45-Yoga 1-Bridge 1:40-Line Dance
<b>21</b> 10-Car Advice Expert 12:30-Pitch 1-Rug Making <i>Salmon Filet/Dill sauce, Rice Pilaf</i> <i>Stop &amp; Shop</i>	<b>22</b> 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg.  <i>Around Town</i>	<b>23</b> 9-Tai Chi 10-15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <i>Holyoke Mall</i>	<b>24</b> Christmas Eve Closes at 11:30  	<b>25</b> Closed
<b>28 FREE LUNCH</b> 12:30-Pitch 1-Rug Making <i>Tortilla soup/crackers</i> <i>Salisbury Steak/gravy</i> <i>Au Gratin Potato</i> <i>Pumpernickel Bread</i> <i>Big Y</i>	<b>29</b> 10-Chair Exercise 10- Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc.  <i>Around Town</i>	<b>30</b> 9-Tai Chi 10-15-Gentle Exercise 11-Zumba Gold 12:15-Yoga 1:40-Line Dance  <i>Wal Mart</i>	<b>31</b> 9:30-Tap jazz 10-Jazz Class 10-Chair Exercise 10:40-Aerobics 11-Dominoes  <i>Stop &amp; Shop</i>	



# The Friends of Wilbraham Seniors

**2016**



## Cash Winter Raffle

**Grand Prize                      \$300**

**Second Prize                  \$200**

**Third Prize                    \$100**

**January 1 to February 9**

**1 Chance \$5.00**

**3 Chances \$10.00**



# Dining Out Gregory's Restaurant and Pizza Pub

2391 Boston Road, Wilbraham



December 10, 2015 Lunch and Dinner

Coupons are available at the Wilbraham Senior Center and also may be obtained at the raffle table on the day of the event.

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## FROM THE FRIENDS OF WILBRAHAM SENIORS: Thanks For Your Generous Help

A big hooray goes out to all the wonderful people who are helping us to build up our postage account. We could still use a little more help in striving toward our goal for 2015 of \$4,200 for our postage needs. It's important that you know that we currently mail the Senior News to approximately 2,200 households in Wilbraham 12 months a year. We would appreciate it if you would help us out again with \$1, \$5, \$10 or \$20 or more what ever you can spare. We are very proud of the Senior News and the broad and interesting information that it brings to the senior community. Remember that seniors represent over 34% of the adult population in our little town, and that Boomers are another 18% of the adult population. It's plain to see that our seniors are aging in place and we are retiring in place. Please lend a hand and help

### Future Schedule of Friends of Wilbraham Senior Events

December 10, 2015 Thursday, \_—Gregory's Dine Out— Gregory's Donates 20% of your bill to the Bldg Fund

January 4, 2016 to February 14, 2016 Friends Money Raffle

February 2016 A Casino Bus Trip

March 2016 A Casino Bus trip

April 2016 Fashion Show Extravaganza

### Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Sen-

#### Friends Donations

Allen, George/Dot  
Bandarra, Norma  
Beem, Pauline  
Brown, Phyllis  
Bugbee, Constance  
Cutler, Ann  
Emery, Thelma  
Fitzgerald, Francis  
Follansbee, Ernest  
Found in Parking Lot  
Gallerani, Michael/E.  
Geib, Tim  
Getchell, John/Beatrice

Kaboray, Patricia  
Lyons, Joseph  
Mariani, Marcello/Mary  
Moore, Jeanne  
O'Connor  
Post, Jenine  
Tessier, Pat  
Warner, Barbara  
Zanetti, Henry/Dorothea

#### Building Fund Donations

Bandarra, Norma  
Bongiorni, Phil  
Cutler, Ann  
Derose-Girotti, Mary

Geib, Tim  
Teschendorf  
Williams, Flo  
Wostena, Eileen  
WSC. Kathy Hunter Line Dancers  
Shaban, D. (Mem Marie Sheline)

# RED HAT YAYA SISTERHOOD OF WILBRAHAM

It may be Dec. but as I am writing this in early Nov. it has been very mild. So let us hope it stays like this. Friday Dec. 4<sup>th</sup> is our Christmas Party. It will be at the Ludlow Country Club, social hour 11:30 to 12:30 followed by lunch. You will have a choice of baked Boston scrod, chicken picatta, or Yankee pot roast. We will be doing a baby shower with all baby items collected going to the Bethlehem House. There are lists of things really needed. Kathy Sowa represents the Bethlehem House. It is a pregnancy crisis center. Kathy Phipps (596-9938) is the chairlady for this event. The price is \$18.00 send checks to Kathy Phipps 10 Elm Circle Wilbraham, MA 01095. We will also have two baskets to raffle as door prizes. Nov. 30 is the deadline for signing up. This is a self drive event. Friday Jan 15 we will be doing Let's Do Lunch. We are going to Olive Garden Ginni McCombe (525-2916) is the chairlady for this event. Jan. 12 is the deadline for signing up for this event. We will order from the menu with separate checks. This is a self drive event. Feb. 9<sup>th</sup> is Fat Tuesday and we are having a Mardi Gras. Deb Gormley is (547-6583), Cindy Ellis (860-942-8013), and Veronica Meschki (543-4384) are co-chairs for this event. It will be held at The Gardens. Please call Deb Gormley to sign up for this event and find out all the information. If you want to have a table of 8 to work together to make a shoe box size center piece let her know.. There will be good food, fun things and a raffle. Stay tuned for information on March. Hope your holidays are wonderful.

Kathy Phipps, your Queen Mum

## DID YOU KNOW??

You can own a home, have a bank savings account, receive social security and/or a private pension and still qualify for SNAP benefits? In Hampden County, MA, the Springfield Department of Elder Affairs is sending staff to every corner of the county to tell seniors about SNAP, and how to increase one's benefit level by claiming out-of-pocket medical deductions. The staff is working tirelessly with seniors to assist them in signing up for SNAP to help them make ends meet! They are providing services wherever seniors are, whether that is out in a community setting like a library, or senior center, or in their home. They help with the application process and provide case management to all seniors to make sure their all of their documentation is also complete. On many occasions, they've helped those already receiving SNAP benefits to get more! The SNAP Outreach Team visits senior centers, senior organizations, hospitals, VNAs, schools, libraries, faith based groups, neighborhood councils, doctors, dentists, and many other community partners to get the word out and help over 1,500 seniors in Hampden County sign up and receive SNAP benefits before April 30, 2016. If you know a person 60 and over living in Hampden County who could benefit from SNAP please contact Laura Hurley, Hampden County Senior SNAP Outreach Worker, at [413-923-4043](tel:413-923-4043). For all other areas of the state, seniors and caregivers should contact their local Council on Aging/Senior Center for information about SNAP, other food access programs, and/or enrollment assistance.

## community calendar

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

American Parkinson's Disease Association's support groups next meeting, Wed., Dec. 2, at 10:00 am to 11:30 am. This group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. This month's speaker is Judith Rzegocki, certified teacher of Tai Chi at Chicopee Senior Center and a retired RN, will demonstrate the proper movements which will assist you to stay flexible and safe while dealing with symptoms of Parkinson's disease. We meet at the Jewish Community Center at 1160 Dickinson Street, Springfield, MA and as usual: No registration is required for the support group meeting. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) ([JdupontB@aol.com](mailto:JdupontB@aol.com)). If inclement weather, we will cancel the meeting and reschedule the speaker.



## VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** for Veteran's Agent.

After 29 years of service to the town of Wilbraham, Veteran's Agent Richard Prochnow is retiring, effective December 31st. The Senior Center and Veterans office would like to thank Richard for his many years of dedication to our veterans. His knowledge and devotion to Wilbraham and especially its veterans, will be greatly missed. We miss Richard all the best in the next chapter of his life. The Senior Center won't be the same without Richard here.

Starting in January, anyone with questions regarding Veterans issues, please contact Barbara Harrington at 596-8379.

ADS



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**DIRECTOR OF ELDER AFFAIRS:**

Paula Dubord

**ACTIVITIES/VOLUNTEER****COORDINATOR:**

Mary Ellen Schmidt

**SOCIAL SERVICES****COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

**VETERAN'S AGENT:**

Richard Prochnow

**PUBLIC HEALTH NURSE:**

Lee Giglietti, BS, RN, BSN

**MEAL SITE DIRECTOR:**

Ruth Bretta

**SENIOR AIDE:**

Jim Hiersche

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**WEEKLY VOLUNTEERS**

**Office:** Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Dee Mitchell, Jacqui Peck

**Van:** Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE  
FROM THIS NEWSLETTER  
PLEASE CALL THE SENIOR  
CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors".  
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705  
Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS  
WILBRAHAM SENIOR CENTER  
45B POST OFFICE PARK  
WILBRAHAM, MA 01095-1179**

**RETURN SERVICE REQUESTED**

Nonprofit Organization  
U.S. Postage Paid  
Springfield MA  
PERMIT NO. 2853

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**SENIOR CENTER HOURS:  
Monday-Friday, 8:00-4:00**

**PVTA Van Service**

available by calling 739-7436.

Newsletter available online at  
[www.wilbraham-ma.gov](http://www.wilbraham-ma.gov)

**COUNCIL ON AGING MEMBERS:**

**Chairperson:** Trant Campbell

**Vice Chair:** Robert Page

**Secretary:** Ellen O'Brien

**Members:** Theresa Munn, Gilles Turcotte,  
Diane Weston, Father Panteleimon Klostri

Meeting: 1st Wednesday of each month at  
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center  
45B Post Office Park  
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546

Email: [pdubord@wilbraham-ma.gov](mailto:pdubord@wilbraham-ma.gov)

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**SENIOR CENTER VAN TRIPS****MONDAY TRIPS:**

**Dec. 7—Stop & Shop**

**Dec. 14—Big Y**

**Dec. 21—Stop & Shop**

**Dec. 28—Big Y**

**WEDNESDAY TRIPS**

**Dec. 2—Wal-Mart**

**Dec. 9—Eastfield Mall**

**Dec. 16-Wal Mart**

**Dec. 23—Holyoke Mall**

**Dec. 30—Wal Mart**

**THURSDAYS TRIPS**

**Dec. 3—Stop & Shop**

**Dec. 10—Big Y**

**Dec. 17—Stop & Shop**

**Dec. 24—NO VAN**

**Dec. 31—Stop & Shop**

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

**Call 596-8379 to sign up today.**

